



...and take care of **STRESS!**

To serve all of us as workers...take a break!

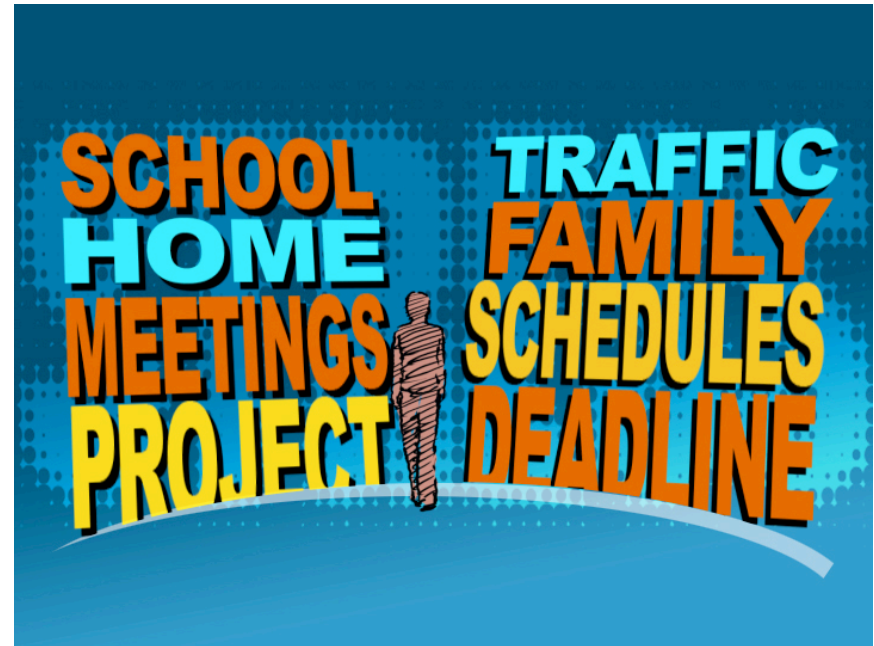
- Taking a break means you're taking care of stress by taking care of yourself...and others.



- Stress at work can add up — and that's on top of the regular life stress.
- All of this can pile on and feel like it is everywhere.

We feel stressed because of real stress at work.

- You cannot just tell yourself or others to stop being stressed
— it does not work that way.
- Just admitting that people are stressed...can help.



Give yourself and others some room to breathe.

Up to a certain point — stress can be helpful.

Some stress can help you...

- Do better work
- Be more creative



Beyond that point — stress can hurt you.

Sometimes stress affects your body...

- Zapping your immune system
- Draining your energy
- Causing illness



Beyond that point — stress can hurt you.

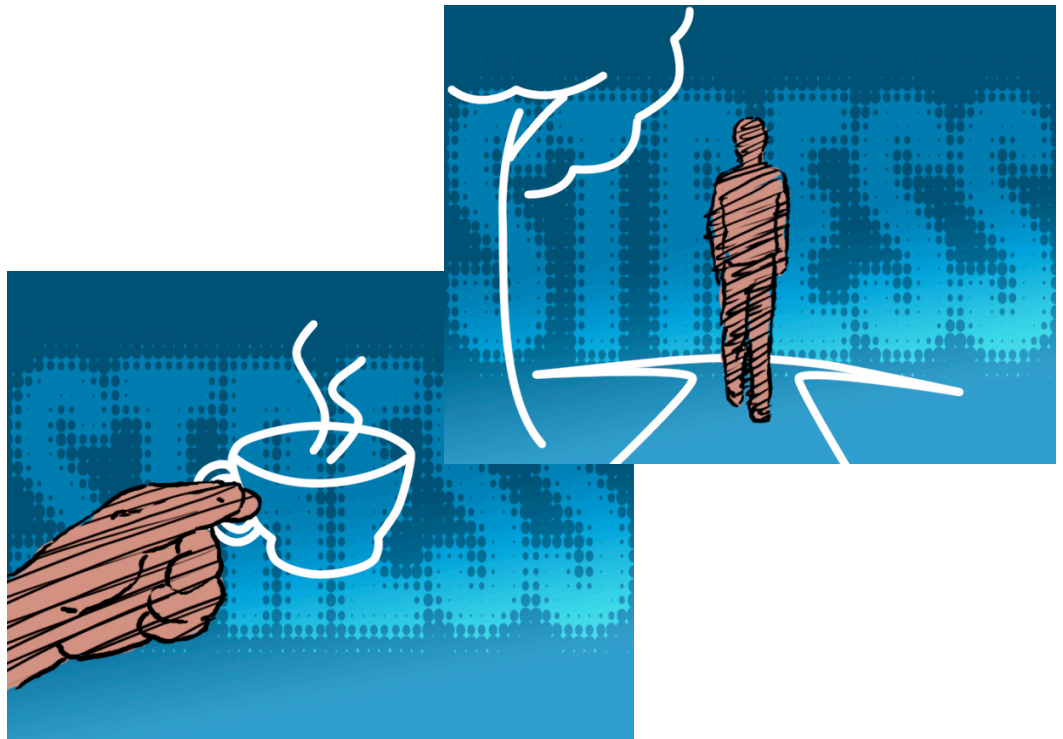
Sometimes stress affects your thoughts and feelings...



- Stealing your focus
- Causing an accident

Take care of yourself.

- Let people know if you're feeling stressed.
- Take a break.
- Take a walk.



Take care of yourself.

- Exercise.
- Eat right.
- Get enough sleep.



Take care of each other.

- Check in on each other.
- Ask how each other is doing - listen for awhile.
- Cut each other some slack.



Leaders...check in with your staff.

- Listen when someone needs to talk.
- Encourage them to look after each other.
- Help people to...
 - Take breaks
 - Take walks
 - Take time...
for personal conversations
- Lead by example.





...and take care of **STRESS**
by taking care of yourself and others!